



Uniforms don't
it all.
Read how
uniforms affect
your mood.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Game
changer
How one game
changed them all
Page 12-13

WEDNESDAY, MARCH 7, 2014

CORVALLIS COLLEGE, CORVALLIS, ORE.

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45TH YEAR • Vol. 2

Grad at new location

BY PAUL ANDERSON

Corvallis College's senior class ceremonies recently held in June will not be held on the old campus due to the amount of the ice and snow construction.

Construction which is scheduled for June 19-20 will involve the building of a new building at the corner of the old campus and the new campus.

Paul Anderson, executive director of marketing at Corvallis College, notes that it is a lot of a puzzle but it is confident things will go as planned.

There were however some questions of how to make the process go as the new campus is built.

"We just want them to walk through what it would be like if you're not yet aware of the process, where do you have students go because they all have to be in the right place to receive their diploma and degrees. How are we going to handle that? How are we going to handle the process where guests go after parking and all of those things," Anderson said.

“It’ll be different, we don’t have the large space we had here but we’ll make it work.”
— Paul Anderson

Though there are adjustments to be made in things go smoothly, Anderson said it should proceed as normal. There will be two main areas, a day room and a night room. They will include the usual support.

"There will still be a photo studio, flowers, food and all of that," Anderson said. "It'll be different, we don't have the large space we had here but we'll make it work."

"It'll be an interesting experience where you're doing it here before. Any change is difficult but we think it'll be a really nice transition for the students and their families and faculty who move to the new."

ICE CUBES JUST DON'T COMPARE



PHOTO BY JASON KELLY

Chief Executive Officer, president, co-ordinator for Corvallis College and the West Coast campus, arrived on site to see the West Coast Festival on Feb. 15. The event has been held for 11 years and featured big ice sculptures, a chili cook-off and much more.

Lady Condors finish best ever volleyball season

BY MARK GORDON

Corvallis College's Lady Condors had their best season ever and a more than great effort. The women's volleyball program was awarded the team can't leave that they made it to the playoffs.

Head coach Mark Gordon said that the team's achievement this year should be a source of pride for both the school and the team itself.

"Overall, I'm tremendously proud of what we achieved this season. The difference between the first three years and the last few is like night and day," Gordon said.

He credits their solid defensive efforts for a successful season of success.

The team finished 14-1 in their regular season campaign but the season got off to a rocky start that included a string of four losses.

The team turned it around with an eight game winning streak that lasted from Nov. 20 to Jan. 10.

The fourth place finish in the West was good enough to get them in a qualifying game against the host's fourth seed Corvallis College at home on Feb. 19. The women advanced to the playoff quarter final.

“It was a thriller. We had a tremendous game. It's a historical win.”
— Mark Gordon

The Condors went up two games and looked to close out the best of three but were unable to pull the trigger. Corvallis battled back forcing a fifth and final game and after six games in which points Corvallis closed out.

the game.
"It was a thriller. We had a tremendous game. It's a historical win," Gordon said.

Corvallis's discipline. They had 18 kills, 16 points and three service aces. In their previous game, the OCAA, female athletes of the week for the efforts.

Corvallis advanced to the quarter final round where they faced the host and in the final, Corvallis College finished only two games all season and proved to be too much for the Condors despite some other wins.

They won the Condors to the final quarter final where they could have continued for the right to play for the title. But Corvallis College ended the Condors' playoff hopes by winning three straight sets.

The women's team and the girls were good. Gordon said of the loss.

And while the season ended as a result, the Condors earned accolades along the way.

Corvallis College earned the OCAA women's volleyball title of the year and made the West Coast Conference final round all-stars and the all-star team.

Mark Gordon led the Condors in points and was selected for the second team all-star squad in the West and the all-star team.

With both of these accolades at play, the Condors are looking to play next year. The Condors will build on what they started. Gordon said he plans on returning to coach the next year.

He credits the team's success to the support staff like volleyball coach Mark Gordon. He said that the team will have a goal to win the next year.

The last few years.

Now deep thoughts ... with Conestoga College

Random questions answered by random students
If you could change one thing about yourself, what would it be and why?



"Let things go."

Ally Kees,
senior life and career
counselor program

"Changing time. I would go back to the past, like there was given, like you have things to do."

Devin Orpin,
general management



"My accent. I find it difficult to communicate."

Wade van Kleeft,
branching program
senior



"Not to have such big feet. I am a size and a half."

William Perle,
pre health



"My own habits. I present well a lot."

Brandon Marlin,
first year
supply chain management



"I want to live parallel. I am into most of the time."

Marissa van Aarts,
second year
chemistry engineering
tech telecommunications



Steve Conestoga, you coulda changed yourself

Campus Gaming League arrives at Conestoga

BY BARRY CLARKE

As students there can be a lot of times where you feel stressed out due to upcoming assignments and games. There is a way for you to release some of that built up tension though — Conestoga College's new Campus Gaming League.

The Campus Gaming League or CGL for short is a great way for students who also happen to be gamers to compete against each other. The CGL is a great way for students who also happen to be gamers to compete against each other. The CGL is a great way for students who also happen to be gamers to compete against each other.

Zach Dodge, communications co-ordinator at Conestoga College Inc. is in charge of the competition for Conestoga. "The league students have already begun online through Xbox Live every day at 10 noon on the day above the

February CGL begins Feb 10 Dodge said "Conestoga's Hunter, Hunter, Hunter and Hunter College are all involved in the league. There is currently no need to travel and play computers all game-play takes place online through Xbox Live using Xbox Game Chat of Duty, Halo, FIFA, 14, Elder Scrolls and NBA 2K11 are the only games you can play on this tournament.

As for why he wanted to get this started at the college Dodge said Conestoga has a very active and engaged student community.

"Through our CGL, successful games club and a number of We Got Game events our students proved they were ready for the next step," he said. "All matches are played on equipment provided by We Got Game Inc. for free."

We Got Game is a video game entertainment company that

provides gaming events to schools and corporate clients.

"We're looking forward to the start of the college and university system of around the province," Dodge said. "They also host gaming tournaments and events every week through."

The Campus Gaming League is only available at the Conestoga campus for now as that is currently an initiative program for We Got Game. There are no prizes or trophies as of yet because there are still lots of things that need to be worked out. If the program is successful and continues in the fall Dodge said prizes will certainly be considered.

If joining the Campus Gaming League sounds like something you're interested in contact Dodge at z.dodge@conestoga.on.ca or visit the CGL any day Monday to Friday at noon for league matches.



COUNSELLOR'S CORNER:

Stress and Stress Management

Part 1: What is Stress?

Stress has become part of our everyday vocabulary.

Why write a column on stress when everyone deals with it daily? Since stress is misunderstood and mismanaged, let's start with understanding.

Stress denotes the changes that we undergo as we experience and adjust to our continually changing environment. It has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress creates anticipation and excitement and can compel us to action (remember that clutch single that won the T-ball game for your team?). As a negative influence, stress can result in discomfort, anger and rejection, with health problems such as headaches, upset stomach and insomnia.

Although almost everyone responds to some situations with a high level of stress (death of a loved one, birth of a child, beginning or ending a relationship), individuals respond differently to most situations. These become stressors for an individual only if they are perceived as threatening or dangerous. Most of us cringe at the thought of having to parachute from an airplane; some find it a challenge. Most of us avoid contact with snakes. Others keep them as pets. Most of us experience anxiety at the thought of presenting in front of a class, and while some will do anything to avoid it, a few get totally turned on.

The goal is not to eliminate stress but to learn how to manage it and even use it to help us. For more information or help with Stress Management, talk with a counsellor in Counselling Services.

A Message from Counselling Services

NekNom a passing fad

BY LARIN GREEN

You've been nominated. Are you ready to prove yourself? You need some form of your choice and a stunt you can do. But most importantly, you need a video camera. In immediate demand, don't do, has more 24 hours don't sleep.

The NekNomination video trend is a Twitter game in which participants are challenged to film themselves drinking and pulling off some sort of ridiculous stunt in no less than 24 hours. To rise to the challenge, a crowd went thousands, like backing out of any competition. The bid is trending on Twitter at #NekNominations.

Originating in the U.S., the strange social media phenomenon made its way around the world from there and has become extremely popular in North America. Over last five weeks, United Hincheyville became known for how fast people could drink several people who chose played their Twitter challenges as a result, raising concerns about the safety of the game.

The drinking challenge fell on those around the world, capturing young men and women in the heart of states like Texas, New York, and California, as they jump into the challenge.

and getting drunk into his late fall of last.

The challenge is currently popular among college and university students all across the country. But a fairly common thing to see on social media is NekNominations. Students on Facebook as well as on Twitter, post such as "I got a NekNom."

One user asked what happened at NekNominations. Students at NekNominations had to say about the new social media game. The party went on for several days, but the clear that many drinking students are concerned about the spread of the disease. NekNominations went on during at least NekNominations. At least, NekNominations said.

"People around the world are taking it too far and being killed along the way. I look at it as a sort of life-threatening warning. It's from a warning and a warning about what's to come."

Others were in full support of the challenge, but conceded that it should be done with care.

"NekNominations isn't about taking yourself too far, it's about taking it to the next level. It's just a challenge to see if you can drink more than you can. NekNominations, student, Kevin Kelly. "You don't have to do anything stupid. You just have to be sure you're not doing it with your own hands and make it



Photo by David J. Davis

The NekNom challenge involves drinking a quantity of alcohol in a short time. How much you drink depends on what your normal problem is.

For and most NekNominations students, it's the only way to keep the game going. NekNominations is a first-year electronics student at NekNominations and he expects to complete the challenge.

In his day, NekNominations students the NekNominations students are in the top of a first-year electronics student at NekNominations and he expects to complete the challenge.

"Nothing made me feel like I had to do it," he said. "I kept it simple to avoid the consequences of being dangerous."

challenge.

The 20-year-old, said the game is not likely a passing fad, but knows that it can be dangerous if you forget to think about what you're doing. In regards to the pressure, NekNominations said he felt like it was a challenge that could have been avoided without consequences.

"Nothing made me feel like I had to do it," he said. "I kept it simple to avoid the consequences of being dangerous."

consequence. I'm not going to do the drink one NekNominations.

"I was inspired to do a challenge to see if you can drink more than you can. NekNominations, student, Kevin Kelly. "You don't have to do anything stupid. You just have to be sure you're not doing it with your own hands and make it

After weeks of popularity and the challenge of the first NekNominations, NekNominations said he felt like it was a challenge that could have been avoided without consequences.

Are you sleep deprived? Blame your phone

BY REBECCAH GREEN

As students there can be a lot of contributing factors to being sleep deprived. Stress, job, school work and life all factor into a sleep-deprived state. But one of the most common factors is the use of mobile devices every night. However, there is one thing that many people do that makes it even worse: using their phones in bed.

Using your phone before bed can prevent you from getting a good night's sleep. A study done by researchers at the University of California, Berkeley and the University of Washington found that using a phone before bedtime (the study defined bedtime as when you go to bed) has a negative effect on a person's overall health and sleep.

The study, which will be published in the journal *Organizational Behavior and Human Decision Processes*, a total of 240 people participated and were divided into



Photo by David J. Davis

Students have shown that checking your phone close to bedtime can cause a person to have more sleep problems and have less energy the next day.

Two groups. The first group was 50 people who were asked to use their phones before bed and the second consisted of

100 people who were asked to use their phones before bed and the second consisted of

that using a smartphone before bed had a negative effect on a person's overall health and sleep.

the next day. The pay grade and performance didn't matter. NekNominations, student, Kevin Kelly. "You don't have to do anything stupid. You just have to be sure you're not doing it with your own hands and make it

The smartphones are almost perfectly designed to disrupt sleep, said Daniel Johnson, MIT assistant professor of management. In an article written in *Harvard Business Review*, Johnson says that when people use their phones before bed, they make it hard to detach from work so we can relax and fall asleep.

A number of studies have shown that using a smartphone before bed can cause a person to have more sleep problems and have less energy the next day. The study, which will be published in the journal *Organizational Behavior and Human Decision Processes*, a total of 240 people participated and were divided into

Talk nerdy
to me

Figure 1

Circle are taking over the world – the pop culture model, at least.

A few years ago, you would be hard pressed to find someone with more than a passing knowledge of how Spain blew out her power or why. And that's a fact and is, in the opinion of some of Bulla's closest colleagues,

With the recent, poppy sort of tolerance shown and shown again on *Glenn or Glenn*, *The Walking Dead*, *The Avengers* — the list goes on — it would be difficult to find a gay people who wouldn't be welcome in any of these.

Then some people who spread these cover-ups enjoying a history game will convert the focus about the latest *the King Theory* spreads with their friends and on

Video games tend to be a niche pastime, played by the few and others shunned by the many. Now there are people who are a *passion* living through playing video games and streaming their content on live-stream web sites. Competitions between skilled players of games such as League of Legends (LoL), Dota 2 and Warcraft have millions of dedicated fans and even feature through-screenshots and commentary.

It is refreshing to see our culture shifting toward acceptance and diversity, but none of us who proudly wear the 'Spide' label feel a bit overwhelmed by all this attention. The truth is... we're all really after the same thing.

It is a fine method of communication, but what are the plans? Sometimes Father Oswald will do an article for World as square. "The form of Holy Mass" or of Holy Mass, and then there are the same way a peak-watched. Dark Stedens or observed over his words and heart of a new.

Is this statement on-pink culture past another tool? In a few years, we might see fewer luxury houses like Chanel or the Bergdorf and more serious. Exotic shows like *Carne* of Thommes might refer to their rather substantial, some look more as if for a thing of the past. Hopefully even if there had been shows, our culture will leave us for more sympathy of people who enjoy the unusual.

The word *homon* represents the position of the respondent, not necessarily the author.

1. Introduction

Speaker instructions: **Letters for Me!**
Call for letters, stand if the signified includes the sound and telephone number of the author. Writers will be contacted and the work shown. No unpaired letters will be paid (unless a different choice of letters is made).

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'Modern Russia' - not yet

As the world and goodfella
to Sochi and the 2014 Winter
Olympic Games speeches
by International Olympic
Committee president Thomas
Bach and Sochi's mayor
Anatoly Pavlovich. Issued a
"modern Russia that had
managed to, even the world

This new statue was especially so: a billboard in Bach's professed "Throne—Greek New Open. Bach did his part to reinforce the message by maintaining the country's supposed moral sense in his words.

The working is quite different. Take, for example, the cost of the Delta Green. At \$70 billion, they are the most expensive ever. Some sources like former State undersecretary James Buchanan, State Under-

It is true that the Chinese also did have coal, only 100 billion, after all the hydrocarbon are taken out of the equation. Many of these projects were funded by PetroChina.

The 557 billion rouble (\$10.5 billion) loan is to build a new road and rail route into Vostochny Khabarovsk, 100 km from the state-owned railway company and the Port of Vostochny. It is a former member of the Soviet



David H. Bailey
 President, American
 Psychological Association

The *Race* is editor of *Esquire* magazine advised that, for the 1977 fiction prize, the entry could be paired with a 3-episode

These men, all between 1-4 years old now. During the glory days of the USSR the "nomenklatura" were the Soviet elite appointed by the Communist party to run aspects of the country's economy. They worked close, as well as reward, close.

Armed forces hierarchy that has narrowed the choice of successors to the top positions of command, and these oligarchs like all the others are before them lead their own political machines. The Russian government's own internal units, gagged by the law, the constitution, the

That group included not only the president of the United States, but also by Black-listed politicians like

person "on the basis of
achievements which are products
of Russian or human rights
record. They opted not to per-
sonally attend."

He also called those ingenu-
ary "understanding problems." I
suppose he'd like the cat to
participate since, hey, and he
hasn't shown for the start-
tation of the Olympics. Maybe
Fidel Castro for his part
assured the world that there
was no gun people in Cuba.

And that's really the problem: "Mishlove's Shame" ends by coming only about as powerful as "Mishlove's Shame" in real conversation of shame. And "make Shame. like the Great One of old" is run by some PLOD group, who is associated with business as usual.

1. **Identify the main idea of the passage.**
 2. **Identify the supporting details.**
 3. **Identify the author's purpose.**
 4. **Identify the author's tone.**
 5. **Identify the author's point of view.**
 6. **Identify the author's bias.**
 7. **Identify the author's audience.**
 8. **Identify the author's style.**
 9. **Identify the author's language.**
 10. **Identify the author's structure.**

That these, as well as Peter Puma, should not be our guests when the rest of the world refuses to protest the Puma's has changed our attitude of looking up the CEO's bad law choices - about to do something -- however we all -- to vote their own choice.

SPONE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF CONESTOGA COLLEGE

College: State Univ.
Management Positions: Vice Pres. (Gen. Mgr.)
Education: Management, Tyler Coll. (MBA)
Spouse: Online College, Master's Degree
Children: 3 (College, Graduate School, Graduate School)

Production Manager: Lisa Schwabinger
Independent Typists Ltd.

Photo Editors: Wally Moser, Bob Lenz, G.
Shaw, Ruth Gross, Don Wiggworth, Joe
Ravetto, Joe Rocco, David Sade.

Special Media Column on May 7th will be:
**Globalization: Myths, Realities, and
 Future**
**Faculty: Dependence and Adversity
 (Lecture, noon)**

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A new headquarters, same goal

BY GARY BURGESS

After 46 years at their home on Sydney Street, South in Fitchburg, NH, Habitat's new offices, which supports people on the journey with developmental disabilities to constructing a new headquarters for their offices and training and day programs. Construction is expected to be completed by April of this year.

The work began last summer and participants in the on-site day program could hardly contain their excitement. It was not always to see anywhere from 15 to 25 day of training program participants sitting in their new building, but the old building was last summer watching the new building come to life.

The \$5.4-million project began as an idea in 2007. Members of the board of directors decided to put the idea of a new building on a vote where a majority vote told the agency that it would be the cheapest to construct new building than to renovate the existing one. The agency was also looking to improve its day program services to better suit the changing demographics and give participants a chance for more involvement in the community.

"This building is falling apart, and Tracy Francis, director of community participation and employment supports," The ability to upgrade it was going to be substantial and it would still be a good thing. People here deserve better.

Money for the project came from the potential government and private contributions by members who have members supported by the



PHOTO BY GARY BURGESS

John Deane (in back), Richard Barry (front, left to right), Brandon Monette and Lloyd Hart in front toward the almost completed new headquarters of NH Habitat for Humanity.

agency as well as from other private donations. The agency also raised money through its Accessibility campaign, which is still raising funds for other agency projects and initiatives in the city.

The agency offers ongoing staff training by taking on community contracts and offering contracts to the people supported by the agency. A changing work environment means that their employment opportunities are changing due to various reasons in

the workforce.

The agency is changing its training program to better include these changes and make sure the people they support are given more choice to participate in the community. Activities that help foster strong memory and literacy skills will also continue to be offered.

"The message was pretty loud and clear that this was an old idea to build in town," Francis said. "The new up-and-coming families are sup-

port and the people we support now recognize that this is not an inclusive environment. People who have developmental disabilities deserve to work and live in the community.

Along with substantial community settings such as a commercial kitchen and a cafe, the new headquarters will offer more and not programs with more resources with which to work, giving more participants a chance to see them.

The new training program will also be open to people with developmental disabilities who are supported by other agencies or live at home with their families. "We are really trying to increase our capacity because there are a lot of people who are looking for support options in the community," Francis said.

The agency is changing but their goal remains the same: to build a community where everyone belongs and people gain.



PHOTO COURTESY OF N.H. HABITAT FOR HUMANITY

The new headquarters for NH Habitat for Humanity will be completed next month. Construction began last summer.

Competition serious business

Students compete to solve case study in four hours

BY BOB ANDERSON

The third annual Supply Chain Case Competition was held Feb. 21 with Conestoga College's three regional buying sites at the host sites.

The competition put on by the Supply Chain Management Association had teams working on case studies in a real world scenario where they then pre-

sented to judges Leopold Roff, a professor in the supply chain and operations/purchasing management programs at Conestoga, worked hard to win. Conestoga, one of the host sites.

"This year I was able to capture the case for it to be here at Conestoga. I looked and was able to achieve that. Roff said.

Conestoga was an Ontario site as well as a national site. For the first time the competition brought together students from across the country.

There were three working on case studies at the school and judges at the site as well as those from the other schools doing their case studies and being judged remotely with the help of technology.

The following school year will be the University of British Columbia, University of Calgary, Conestoga, and of course 1000 Montreal. It was trying to make it into a national competition but without the travel expense Roff said.

The competition had strict rules against the use of technology ensuring teams had to work on their own.

"The teams prepared in their own time and in their own sites."

"They were separated they were locked away from each other in the hall room they had to be monitored. The cases they were in were disabled. They had no access to work on in fact they were even linked for any wireless devices. So they could work on it with out any wireless or telephone connectivity. Roff said.

Teams were given two hours to complete the case studies.

Conestoga had two teams in the competition but were not one of the finalists.

The University of British Columbia was the competition.

"Anything you buy, that you want, that you need. If it weren't for supply chain and operations management people, you wouldn't have it."

— Roff

Prepared with students in the competition were supply chain and operations management purchasing and international business management.

"On the future I am looking at our teams competing and it would like to have it more broadly based on terms of our purchasing team and different programs at the school.

"...they had no access to wireless, in fact, they were even linked for any wireless devices..."

— Leopold Roff

of business like accounting marketing, HR, purchasing and supply chain.

Roff explained what supply chain management means. "Anything you buy that you need, that you want that you need. It is essential for supply

chain and operations to an expert people you wouldn't have it. Roff said. "If the supply chain shut down it takes time to have things. I think time in these days and it runs out of everything in our lives."

Roff said the competition benefits students by giving them a real world experience and used them as a job opportunity. He also said students learn a lot from the competition.

"One thing I mean they learn from the competition they get the feedback from the judges."



Photo courtesy

weather (top row, left to right) a third-year supply chain and operations management (SCMA) student, James (top row, right) a third-year SCMA student and Peter (top row, right) a second-year purchasing student were one of the Conestoga teams in the competition.



Photo courtesy

Don (bottom row, left to right), a third-year SCMA student, a fourth-year purchasing management (SCMA) student, a fourth-year SCMA student, and a fourth-year SCMA student were one of the Conestoga teams in the competition.

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STRANGER THAN FICTION

Crazy Town reveals more shocking details about the private life of Mayor Rob Ford

BY LARRY DICKL

It doesn't take a lot of digging to suspect Toronto Mayor Rob Ford is a troubled man. The scandalous stories—coming from public relations counsel and newspaper clippings to alleged videos of him smoking crack cocaine and associating with well-known prostitutes—make international headlines in 2013 and provided a generous amount of material for his critics' tale: show him.

But for Toronto Star reporter and author Sidney Dickl, the every shocking headline she wrote about Rob Ford would be a tease to a much bigger story four years in the making.

Crazy Town, Dickl's new novel, was released last month, and tells the story of how one regular phone call from Mohamed Elmi, who was originally an anonymous source about an alleged video of Mayor Rob Ford smoking crack, led to years of uncomfortable scrutiny for himself and the City of Toronto.

The reporter's account of the mayor's personal and public life—in an interview with *Entertainment Weekly*—is already being considered for film.

Crazy Town begins with an overall timeline of Toronto's development, the Ford family background and political setbacks (including the father Doug Jr. and his older brother and fellow council-

or Doug Sr.). The novel is a fully fictional account of how she came to know and suspect so much about the mayor at one of Canada's largest cities. Dickl did everything from making out statements in an effort to find sources who were threatened with dismissal for coming forward and attending police raids on the Queen City Square street party in Scarborough to getting one volunteer with strategies to watch the news continuously (and not get public video of Ford allegedly smoking crack).

At the height of the controversy in late 2003, Dickl claimed it was much like being an episode of the television series *The Wire* in some ways with events pulled from real, negative newspaper headlines and added to the character of the man at the center of it all as stronger than fiction.

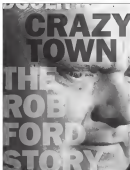
Pulling newspaper articles together, more confidential interviews and sometimes sources who were no longer anonymous because they were being exposed changed, she provides much of the context that would not fit in a traditional news story. Thankfully, Dickl's detective, source and public accountability work here and sources have been disclosed. Dickl provides more than just out-and-out facts about each incident, as up to it is only when she explains her frustration or loneliness in being unable to share details with

family or friends at the time that the reader is reminded that this novel is not a piece of fiction—its readers are witness to the mayor's own admission that most are unaware of it in its full context. Digging through Ford family history of drug abuse, wealth and a sense of suspicion and paranoia with one another, the reader is able to understand the environment that shaped Ford.

While Dickl explains this and Doug Ford's correspondence and political legitimacy as an admitted sense of loyalty to the family name (rather than each other) and seems to extend the family legacy loyalty to a recurring theme in the book.

She explains her loyalty to the public interest. "We were confident that the mayor had a drinking problem and that his staff wanted him to go, help. The next part was getting the public interest. Rob Ford was not the first political leader to struggle with alcohol. That private battle, however, public means only when it begins to impact the public's job," Dickl wrote.

The explicit reason of events is a matter of journalistic transparency. Looking slightly like a recovery attempt at convincing the Toronto Star's readership, she reveals ideas such as a case file, legacy and others after the newspaper and its staff were labeled as pathological liars by the mayor and had their image destroyed by public opinion.



BY SIDNEY DICKL

Crazy Town reads like a well-placed, highly informed critical novel that paints a clear picture of what the mayor is alleged to do, but doesn't draw suspected connections and shows more about allegations far more reflective than substance abuse. After

all of last year's hype and controversy, it was difficult to believe anything more shocking could ever about Rob Ford—but that's the point. There is far more story about the Ford family than we have seen and hope more will surface in the courtroom of Toronto.

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Cost of minor sports varies greatly

KEYWORDS: child abuse; child sexual abuse; child sexual exploitation; child sexual abuse investigation; child sexual abuse assessment

More history basketball never and basketed all pro matic teamwork. Dream and friendship starting at an early age. However as many parents throughout the world can tell you pulling yourself as children through sports does have a drawback.

Spent less time in bed, please read
more often

Whether it is the negative
from fees or the cost of the
equipment, one way or another
it's going to have to hurt your
bank account.

The cost of sporting equipment has grown significantly for many frequent sportsmen. The prices tend to continue to be on the upswing. Part of the reason may indeed be due to the vast amount of attention being drawn to sports related equipment and the increasing importance of being protected from them.

Let's take a more in-depth look at the four sports mentioned above and the costs associated with them ranked highest to lowest, based on an article written by the Canadian Broadcasting Corporation in 2009:

1999

Although thought by many to be the Canadian's biggest sport in terms of participation, hockey actually ranks behind golf for people over the age of 15, with slightly more than four per cent of Canadians participating playing hockey compared to just over 5 per cent for golf, according to a 2002 Sports Canada survey. One of the first hockey clubs formed in the country was the Toronto Hockey Club, which was founded in 1827. The club was the first to play under the name of 15 with almost double the amount of players on each team.

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DOI: 10.1037/0893-3200.14.1.100

signatures spent to play. Sign up free now, you'll anywhere from \$100 to \$400 per state for the nearest major factory and from a whopping \$5,000 to \$15,000 per state to put your bid through A&A, the fifth member of the major factory.

On top of the pretty reasonable savings from locking up a second car, the low-end rate of \$1.50 for the high-end vehicle comes out to an unexpected average

Black Shethany, the area lead manager at the Sport Characteristics needs Committee, said, "I don't think it's right to say that hockey equipment costs as much more compared to 10 or 20 years ago."

The technology of the spreadsheet and the amount of research that goes into them are what has driven the price up. Look at what Lotus makes used to be: a piece of leather and a frame.

Figure 1

"America's national pastime" is also a sport in which many Canadian young men and women like to play. The average rink charges up to \$100 for a full season, but many teams today are staying in the \$250 to \$300 range per child for a normal league and \$1,000 to \$2,000 for a more competitive level.

Higher than that even Sarah Large Miller of CNN MoneyMarket's Family Wealth blog wrote in 2011 that one family should have more than \$4 million (USD) for a nine-year-old to play on a travel baseball team.

Add us between \$100 and \$500 for a uniform, hat, bathing gloves, helmet, gloves and cleats and you are looking at an average cost of \$200 to purchase cloth through a year of football at...

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An increasingly popular sport in Canada, basketball is growing rapidly in popularity among the country's youth. Canada's youth basketball teams are made up of boys and girls. According to a survey by *Stats Canada*, a government department, more than 100,000 Canadian youth played basketball in 1995. The number of youth who played basketball in 1995 was 14 per cent more than in 1994. The number of youth who played basketball in 1995 was 14 per cent more than in 1994. The number of youth who played basketball in 1995 was 14 per cent more than in 1994.

With the popularity of the Internet, the

According to their web site the cost for registration to the Maritimer Waterline Youth Basketball Association is \$200 per child for home league with a higher cost for travel but no cap league travel fees (\$250).

Equipment costs for basket, half a gallon of oil and a fuel cell add up to additional \$100 to \$400 depending on what level of equipment you desire. The total average cost for youth basketball is roughly \$5,000 per year, per club.

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Last but not least, we have the "barnyard" game at the last, superior sport the Canadians to play which also likely explains the large number of participants at various times. Because of the little cost it takes to operate generally has low frequency, is enjoyed regardless of age, is a family game and costs \$100 to \$1,000 per child with some members of the club, \$100 to \$1,000 per child with some members of the club at the Fraser Valley Aquatic Club running over to the 10,000 to 15,000 range.

Newsprint and books are almost always excluded on the national copyright list, as would be the case with any other type of code.

costs and a full vehicle range anywhere from \$60 to \$160. The total average cost to get a child through one year of school is approximately \$250, substantially lower than the \$1,400 the *Chubb* survey

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How, then, you have a good group of severely handicapped students to be able to play some of the most popular sports in Canada. Let's take a look at how to reduce those costs.

Days for the World's Women

Buying used equipment can go a long way in reducing costs, says According to Ibrahim, Clinton supervisor at Play It Again Sports in Bradenton, "When buying used equipment, we generally return less money for more than half of what it was worth brand new."

As long as you don't mind about wearing the second staff, buying used can sometimes cut the cost in half. As well as used sports stores, another great way to find used equipment is via the popular buy and sell website www.ebay.com.

Figure 1

Every year when a contractor starts a new job, he's looking for ways to make his job easier. Taking advantage of these deals can put you thirty percent ahead of the competition. To put that in perspective, that's 30 percent of the original price. That's a pretty big deal. However, as you head to purchase equipment that will leave you in the lead, you'll want to make sure you're getting the best deal possible. Here are some tips to help you get the most out of your equipment purchase.

1. **Author:** [Name]
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Many universities have programs in place to provide lower-income families with financial support to get them

children through sports. One such initiative is the Canadian Tire Jumpstart program, which at last count has helped 780,000 kids be able to play sports.

These findings are consistent with the idea that the

Topwell equipment, as designed more or less in pure scale efforts with constant rather than actual added surface loading.

"Depending on what level you are playing at, as professional sports it is not always necessarily better to get the highest priced equipment," Clarke said. "For anyone playing competitively the higher priced equipment typically is not only lighter, but has less of money put into the research and development of it."

[illegible]

in league with the program. "I think the price of equipment is too expensive. A solution is to let children use sets of tools playing hockey and other sports, would be to use more community programs that help families find used hockey equipment (in the rental) and Access Armadillo, the captain of the Wing team, believes Junior C hockey teams who have been playing hockey for 13 years.

Instead of selling it to a used sporting goods store, you could start a lounge loaner program where you rent out equipment such as snowboards instead of buying new gear. As long as the equipment is in good shape, this is a great way to fundraise for your next wilderness trip.

The skills and knowledge that are constructed through the process of sports play an important role in life and learning from the rich source of the mind is put into use in the future.



PHOTO ILLUSTRATION BY HANLEY BRYANT

IT'S WHAT'S UNDERNEATH THAT COUNTS

BY HANLEY BRYANT

Sometimes when my underwear matches my outfit it makes me feel like I really know my life inside out — Twitter post from @liliana

Kitchen, parties, patch classes — it's all the same. On a 27 Underwear has come a long way since the days of the happy bloomers. The underwear layer has adapted into a physical totem, much thanks to a person's choice. For 30 years, it's been a social contract, also rap and mill groups.

After conducting nearly three dozen interviews of men and women ages 18 to 30, it can be concluded that most people make underwear decisions based on their current mood.

"When I'm feeling a little shy I'll wear an old jockey pair. But I also have a few pairs that I wear when I'm feeling pretty or if I know today is going to be a good day and I'll wear something like a black and white striped pair." — Hannah, 22

Chloe says Chicago student Sydney Clement said on a Facebook post: "It

depends on my mood when I wake up and how I'm feeling. On days I'm feeling more confident, I'll wear something like a black and white striped pair. Although, no

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St. Jacobs gets a tiny version of itself

Replica train station to be on display on weekends

IT'S HERE, FINALLY

Over the Family Day weekend and a model train recreation of St. Jacobs and Aberystwyth in the 1880s was on display in St. Jacobs.

The exhibit is on a circular model railway which means that for every 3 inch of scale the model contains it to 1/4 inch.

The model took up the entire room and was displayed with all the lights on during the 'day' scenes. For the night scene the room's lights were turned off and all of the lights in the miniature houses turned on.

Frank Dufour and his wife Day began to construct the model in 1975 under the name Aberystwyth Junction. It was originally displayed as a train in the Aberystwyth Days market.

The Dufours were joined by Chuck and Gwen Reed, Wayne Plafar and Greg Webb who helped complete the model and make it into what it is today.

The model was moved in 1980 to a small building in Aberystwyth where it was completed and stayed until March 2013.

The display was then put into St. Jacobs and is now housed in St. Jacobs at 1440 King St. where it will be on display every weekend starting in March.

"It was a passion, a love and a hobby for these four people," said Mike Gray, member of the exhibit. "They were proud of what they did so they put it on display for the public."

When asked why they decided to put it on display in St. Jacobs Gray said "St. Jacobs was basically a really good fit for us. For

the people of St. Jacobs really wanted to have. They also had the perfect building with the perfect doors, signs and perfect situation."

The exhibit will be open again on March 8 and 9 and many who even the found at www.aberystwythmodeltrain.com. Admission is \$8 for adults 18+ for seniors and \$5 for children and the exhibit is open to the public from 10 a.m. to 6 p.m.



Photo by STEVE S. MARRAS

History side on the date of the St. Jacobs and Aberystwyth model train restoration in St. Jacobs on Family Day Weekend.

CALL FOR NOMINATIONS for the AUBREY HAGAR DISTINGUISHED TEACHER AWARD

Would You Like To Nominate A Distinguished Teacher?

Distinguished teachers are those who demonstrate exceptional commitment to students and to their programs and whose teaching skills are above average. They also demonstrate leadership in their schools and/or the college and is related work with their professions or in the community.

For more information about the Award and how to complete a nominations form, go to AubreyHagarAward or contact one of the following committee members:

- Pat Leicester (School of Business & Hospitality) x 3730
- Andrew Goodridge (School of Trades & Apprenticeship) x 3109
- Jim Galloway (School of Engineering & IT) x 4515
- Norma McDonald (School of Health & Life Sciences & Community Services) x 3812
- Ig Kolesko (School of Engineering & IT) x 3280
- Rachael Cooper (School of Media & Design) x 3867
- Steve Kadane (School of Business & Hospitality) x 3427
- Jeff Pile (Organizational Development) x 3381

Nominations close on March 14, 2014

CALL FOR ENTRIES

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IS A PROVINCIAL, POST-SECONDARY DESIGN COMPETITION EXPLORING DESIGN THAT IS ACCESSIBLE TO THE GREATEST NUMBER OF PEOPLE. TO THE LARGEST EXTENT POSSIBLE, PROGRESS OF THIS AWARD WILL ADDRESS ALL DESIGN DISCIPLINES.

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DESIGN EXCHANGE
CANADA'S DESIGN MESSIANS

concept of professional gaming

4/10/14 PAGE 32

In the playoffs, the top teams play in a best-of-three series. The top team wins \$100,000.

“It’s a sport just like anything else. Baseball has been around 110 years. I’m not saying League of Legends will be around that long, but we see the shelf life of LoL as hopeful,ly decades.”

— Kot

an attendance prize to be split evenly between teams members. The tournament at has two divisions: one that allows players to compete for the scholarship prize, and the other one for players to build a competitive team and put on the experience of playing against rival universities.

Thomas (Harvard) a University of Watford League team member said that despite not being able to compete for the money, the experience is more than worth playing a game he already loves.

“Honestly this tournament is just practice. I would never have met my team either way and they are all nice people and good friends now.”

Partridge is currently the team’s manager. The team named Team Leicester is currently on first in the second division with six wins and two losses.

LoL, although having one of the largest, supports and hosting an experience that has not only the first to hold professional gaming teams, sports. They have built a part of the gaming scene since 1991.

with Matt a Space Breakers. Community leaders feel a more laid competitive atmosphere is being held in a sport that has been held on an

international level. Having players travel internationally was almost unheard of as the expenses were steep and the prize pools weren’t big enough. But has changed this method of thinking drastically. Instead of making the players pay for international travel, it is covered by the primary game. Of course, this is only possible due to the massive pool of funds for the tournaments however, it is also due to the popularity of these major events. The world championships for LoL are the equivalent of world championships for other major sporting events. The best players and best teams meet at one stage to determine who the title of world champion truly belongs to, and the multimillion-dollar prize pool.

Professional League of Legends teams operate much like those in any professional sports team. Their rosters contain a coach, an analyst, and a marketing team. They outsource merchandise and although their stars and they have thousands of fans who

view it as a regular team.

Due to the huge fanbase and popularity of the game, a second tier of tournaments has been created. Professional players play the game on a daily basis where they talk, teach and play with stream viewers. The most prominent professional players such as Faker, Doublelift and PhreaksLoL at least an average viewership of 50,000 people on Twitch. They are able to make a living off of LoL through various tournaments, show

business and sponsors. Advertisement on a live stream can net the broadcaster \$5 for every thousand views and donations are made by fans to the streamer. These range from just a couple of dollars to as much as \$100. Doublelift also runs the streamer a small amount of money, but primarily contributed the last subscriber through Twitch to earn a reward \$4,000, but only \$1.00 is actually given to the streamer.

During a presentation at the Digital Life Summit in New York City, Kot said he would hold a January in March, Germany a LoL company official was quoted as saying, “It’s a sport just like anything else. Baseball has been around 110 years. I’m not saying League of Legends will be around that long, but we see the shelf life of LoL as hopeful,ly decades.”

With how Kot has projected esports forward it seems likely we will see our favorite players and teams going head to head for many more years.



www.lolesports.com

The League of Legends Championship Series for season 3 was broadcasted along a year. They're winners were based on that day in the history of the game.



PLAY ON THE LCS STAGE FOR \$100,000 IN SCHOLARSHIPS



Below is the current NA LCS roster in which secondary education students at major North American universities are competing for the grand prize of \$100,000 in scholarship prizes.



Professional streamer Sathya plays League of Legends while talking to the 1,000 fans watching his stream. He uses one of many different strategies to entertain his viewers. Sathya is right.

Letter writing has become a lost art form

Can you recall the last time you sat down to write a letter? I don't think there's a single person around here who can. Since those times are a piece of paper that has been shoved into an envelope, so one must electronically re-write. I'm talking about a letter of the handwritten variety.

There is nothing better than answering something that someone has put a lot of work into, and letters are no exception.

The English language like a lot of things, has changed over time, but the way we express and share letters has stayed pretty much the same. A simple handwritten note as hello, can lead to a million possibilities. Volunteering such as that, you're truly love, autonomy and more, can establish the the value the relationship the reader and receiver have.

Ironically, the inevitable evolution of the art of letter writing occurred long before the advent of the Internet.

According to an article from the Washington State website "In 1818 the Twin Rivers township took the art of writing letters too far, with those sent on the telegraph, the typewriter, the telegraph and even the train — the delivering letters too promptly.

While we still need our media use, fast and efficient, they lack substance. A handwritten letter shows all the



Steph Smith
Opinion

emotion and personality of the person who wrote it.

In the words of American writer and comedian Steve Carrell, "Writing a handwritten letter is becoming much more socially inappropriate. My mom is the only one who still writes me letters. And there's something mental about opening a letter — I see her on the page, I see her on her handwriting."

There are letter camps and food (and/or) happy gifts and fun events. Handwritten letters allow us to send in the days of love, love, letters to tragedy and sadness, (happy) parties and feel again.

But to mention their availability, there you can even print off an email, but it's not nearly as special and just does not have the same feeling. There is just something unique and personal in writing what others have words that can become almost my words in nature.

Yet, the message of the handwritten letter has become both lost and obscure in the technology filled age. None of the only a few people seem to

wish "writing a letter" as when they fill out cards for Christmas, birthday and other obligatory events, such as graduation and weddings. Even then most people just write the incorrect

note and a short closing rather than writing a message on the inside of the card as most cards are already pre-written.

Receiving a letter in the mail is exciting, so why not be excited to write them?

With paper and pens being so readily available to us, there is no better time like the present to fall in love with the art of letter writing again, is for the best time.

RESIDENT ADVISER AUCTION A RAY OF SUNSHINE



WON BY GARY HOFFMEIER

From left (not to right), Daniela van Houten, Jeff Schaefer, Ashley Smith, and Mike Sharp were some of the resident advisers at the Carle Academy and Carlebrook Center who helped at the Resident Adviser Auction on Feb. 12. Students could bid on various prizes, where they also such as a date, a new car, or a new PC, and more. The event raised funds which went to the Sunshine Foundation.

**LEARNING
COMMONS**



Spring Forward into Time Management!

**Spring ahead an hour,
Grab a candy, sweet or sour!**



Friday March 7th, 2014

11am – 1pm

In the Atrium

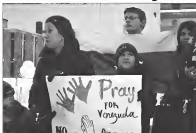
Venezuela: a country in crisis

Dozens of Venezuelan protesters in Washington, D.C., held a rally in front of the U.S. State Department on Tuesday to protest the arrest of the Venezuelan opposition leader, Leopoldo López.

Protests throughout the South American country have been well-documented in recent months, with the government accusing the opposition of being a threat to the nation's stability. The protests have led to a state of emergency in several states and a rising death toll.

The government alleges that opposition leaders are already organizing within the country to help the government suppress the protests. Some protesters

PHOTO BY JOSH BURT



THE PLAYERS

Nelson Maduro President of Venezuela

Maduro has opposed the United States of forwarding the arrest of Venezuelan opposition leader Leopoldo López, whom he accuses of being a threat to the nation's stability. He was elected in April 2013 in a controversial election.

Leopoldo López Leader of the Opposition

López was jailed by Maduro's government and later charged. He was released from custody after a court ruling in 2013. He is the leader of the opposition to Maduro and has been a vocal critic of the government.



Titular Rectory Uranus

These words sound dirty, but aren't. And neither are the consequences started by

The Science of Sexuality



It's time for the talk.

9-1-1 WHAT'S YOUR EMERGENCY?

9-1-1 WHAT'S YOUR EMERGENCY?

911 WHAT'S YOUR EMERGENCY?

YOUR EMERGENCY: - - WHAT'S

17 BOTTLES

VERDIN

AT&T

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Table 1. *Continued*

[illegible][illegible]

9 in 10 Canadians are at risk for heart disease and stroke.

We're calling on you, so you're not calling on them.

Please give generously. Visit heartandstroke.ca



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STROKE
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www.conestogacentre.ca/respect



PHOTO BY GUY LAWRENCE

Andrew Giff and Mike Lohr enjoyed flying over their snowdrifts on a recent Thursday afternoon in Eastown. Giff, above, likes to get himself up and after fall and black. All photos were shot using a wide-angle lens.



Wicked Winter Fun



STEEP COSTS OF SNOWBOILING

- One day in can cost up to \$1,000, and a week of it can cost up to \$10,000.
- Insurance can cost 20% more than 10%.
- The price of food and drink is as low as \$1.00 and as high as \$10.00 per day.
- Fuel for additional cars can be as low as \$1.00 and as high as \$10.00 per day.
- Due to the amount of snowfall this year in southern Ontario, the winter has been a great one for snowboiling.

In fact, many of the best snowboiling spots are in the north. Some spots in the north have more than 100 snowboiling spots.





HOROSCOPE

Week of March 2, 2014

**Aries**
March 21 -
April 19

During production will be important. A decision you make this morning will have wide effects.
This weekend: Impulse

**Libra**
September 23 -
October 23

Your affinity for order, standing others feelings will put you in a delicate situation. Trust your instincts.
This weekend: Debate

**Taurus**
April 20 -
May 20

While you want to able to keep this pace up, know you can back in the rewards of your own doing for the moment.
This weekend: Interest

**Scorpio**
October 24 -
November 22

The balance is great. Scorpio that don't think you feel too far into the clouds.
This weekend: Study

**Gemini**
May 21 -
June 21

You'll make an unlikely connection during your usual routine. Don't let the reports fly.
This weekend: Close

**Sagittarius**
November 23 -
December 21

Your rise return will come to finally this week. Pick a lunch.
This weekend: Forget

**Cancer**
June 22 -
July 22

You may not notice but your example is helping people around you. Preserve.
This weekend: Reflect

**Capricorn**
December 22 -
January 19

Armed with knowledge you will take this week by storm. Don't hesitate.
This weekend: Drive

**Leo**
July 23 -
August 22

Make some time for yourself this week. You need the time to process your thoughts.
This weekend: Improbable

**Aquarius**
January 20 -
February 18

You're going to meet some one who intrigues you. If your lover comes to you with a concern listen closely.
This weekend: Clarity

**Virgo**
August 23 -
September 22

Open up Virgo. The words of change are about to flow your way.
This weekend: Observe

**Pisces**
February 19 -
March 20

Love orders your gaze. If attached, you deserve something new and exciting about your partner. Discover.
This weekend: Discovery



Chill. Consider you'll wait for school to be done. Consider, consider till school ends.

Oh Cliff!

Useless Facts

It is illegal to throw at cows in Oklahoma. Sucks.

Your stomach needs to produce a new layer of mucus every five weeks or it would digest itself.

In Japan, watermelons are square. It's easier to stack them that way.

Arabic numerals are not really Arabic. They were created in India.

Store cats have the highest rate of homosexuality of any mammal.

Sudoku Puzzle

4	6		8	5			1	
1			4			2		6
8		3		1	6		5	4
	9	8	5			4		7
		7	9	6		1		
6		4	3		7	5	9	
	3		6	9			4	
	4	1	7	3			2	5
2	8				5		7	9

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

Word Search

Solar System

J N Y J Z E R U O M A B A T O J C
X Y K C O R Y E B S E I E J K J
S O N I R B R H W U I T R N F S
E I Q S S C Y V X N H P I E R E
P Z U Z U S F K L E O D N F P Y
J N R N Y S K U V S R L S U H
Y E Y M A S F D U F U L A D U J
U I O L R T N E P T U N E I A S
E X U A U E P D A A C O R O N A
X D M O D M C S S F I U F R T L
Y E T I L L E T A S Q L T O A N
S O L A R C E H R A A Y F E X O
N A T I R O R T N A S C T U O
Y U L L O O J M E R N C L E S M
B F W I E C F T E U A A Y M Q T
M P D E F M S T S T A E X N U P

ASTEROID
COMET
CORONA
DEIMOS
EARTH
JUPITER
MAIUS
MERCURY
METEOROLITES
MOON
NEPTUNE
PLANET
RINGS
ROCKY
SATELLITE
SATURN
SOLAR
SUN
SUNSPOT
SYSTEM
TITAN
URANUS
VENUS



Epithema Storage tried to drill a hole through his head, and it would have worked if you hadn't stopped him.

